

Reclaim Health Group



Reclaim Health Group: Your Path to Holistic Wellness

Are you feeling overwhelmed by the complexities of modern healthcare? Do you crave a more personalized, proactive approach to your well-being? If so, you're not alone. Many individuals are seeking alternatives to the traditional healthcare model, desiring a system that prioritizes prevention, personalized care, and a holistic view of health. This comprehensive guide dives deep into the Reclaim Health Group, exploring its philosophy, services, and potential benefits. We'll unravel what sets this group apart and help you determine if it's the right fit for your health journey.

Understanding the Reclaim Health Group Philosophy

Reclaim Health Group, unlike many conventional healthcare providers, operates on a foundation of holistic wellness. This means they don't just treat symptoms; they address the root causes of illness. They consider the interconnectedness of physical, mental, and emotional health, emphasizing preventative measures and personalized care plans tailored to each individual's unique needs. This integrated approach sets them apart from traditional models, focusing on long-term health improvement rather than simply managing existing conditions.

Core Principles of Reclaim Health Group:

Personalized Care: Reclaim Health Group doesn't offer a one-size-fits-all approach. They take the time to understand each patient's individual history, lifestyle, and health goals to create a bespoke treatment plan.

Preventative Medicine: A core tenet of their philosophy is the prevention of disease. They offer comprehensive wellness assessments and guidance on lifestyle choices to minimize the risk of future health issues.

Holistic Approach: They recognize the intricate relationship between physical, mental, and emotional health. Their care considers all aspects of a person's well-being, not just the physical symptoms.

Patient Empowerment: Reclaim Health Group prioritizes patient education and empowerment. They

aim to equip individuals with the knowledge and tools necessary to take control of their health.

Services Offered by Reclaim Health Group

The specific services provided by Reclaim Health Group can vary depending on location and practitioner specialization. However, a common thread across all locations is their dedication to a holistic approach. Here are some typical services you might find:

Functional Medicine: This approach investigates the underlying causes of disease rather than just treating symptoms. Functional medicine practitioners often use advanced testing to identify imbalances and create personalized treatment plans.

Nutritional Counseling: Registered dietitians and nutritionists provide guidance on optimal nutrition plans designed to support individual health goals and address specific dietary needs.

Lifestyle Coaching: Coaches offer support and guidance on various lifestyle factors, including stress management, exercise, and sleep hygiene, all crucial for overall well-being.

Mental Health Services: This may include therapy, counseling, or other mental health support services to address emotional well-being.

Physical Therapy & Chiropractic Care: Addressing physical ailments through manual therapy and exercise programs.

Finding the Right Reclaim Health Group Practitioner

The quality of your experience with Reclaim Health Group will depend heavily on the specific practitioner you choose. It's crucial to research practitioners in your area and find one whose philosophy and approach aligns with your needs and preferences. Look for practitioners with certifications, experience, and a strong online presence that reflects their commitment to patient care.

Tips for Choosing a Reclaim Health Group Practitioner:

Check Credentials: Verify their qualifications and experience.

Read Reviews: Online reviews can provide valuable insights into patient experiences.

Schedule a Consultation: A consultation allows you to discuss your needs and determine if the practitioner is a good fit.

Ask Questions: Don't hesitate to ask questions about their approach, treatment methods, and philosophy.

Is Reclaim Health Group Right for You?

Reclaim Health Group is an excellent option for individuals seeking a more holistic and personalized approach to healthcare. However, it may not be the right choice for everyone. Consider these factors before deciding:

Cost: Reclaim Health Group services may not be covered by insurance, resulting in higher out-of-pocket expenses.

Time Commitment: The holistic approach requires a greater time commitment from the patient, involving lifestyle changes and regular appointments.

Specific Needs: If you need immediate treatment for a critical condition, a traditional healthcare setting might be more appropriate.

Conclusion

Reclaim Health Group offers a refreshing alternative to traditional healthcare, emphasizing prevention, personalization, and a holistic view of wellness. By understanding their philosophy and services, you can determine if their approach aligns with your health goals. Remember to thoroughly research practitioners and consider the potential costs and time commitment before making a decision. Taking control of your health is a journey, and finding the right support system is a crucial step.

FAQs

1. Does Reclaim Health Group accept insurance? Insurance coverage varies depending on the specific location and practitioner. It's essential to contact your insurance provider and the Reclaim Health Group location directly to determine your coverage.
2. What types of conditions does Reclaim Health Group treat? They approach a wide range of health concerns from a holistic perspective. Specific conditions treated vary by practitioner.
3. How do I find a Reclaim Health Group practitioner near me? Their website likely features a "find a practitioner" tool or a list of locations.
4. What is the typical cost of a consultation? Consultation fees can vary depending on location and practitioner. Contact the specific location for pricing details.
5. What should I expect during my first appointment? Your first appointment will likely involve a thorough intake, including a review of your health history, lifestyle, and goals. The practitioner will likely perform a physical examination and discuss potential treatment options.

reclaim health group: Model Rules of Professional Conduct American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics.

Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

reclaim health group: *Thriving in Healthcare* Gary Simonds, Wayne Sotile, 2019-07-09 A happy, long-lasting career in healthcare requires more than just mental fortitude. Far too often, you hear of colleagues leaving healthcare; they're burnt out, their work stress has crept into their home life, and they just need some respite. Meanwhile, their responsibilities are dispersed amongst the remaining team, and the cycle is perpetuated by the added work, lack of resources, and feelings of inadequacy. In *Thriving in Healthcare*, Drs. Simonds and Sotile provide a survival guide for the psyche, packed with insights and strategies to help you develop the resilience needed to succeed and grow—both personally and professionally—in the modern healthcare industry. Based on their decades of experience coaching healthcare professionals, and building upon their findings from a five-year resilience development program at Virginia Tech Carilion School of Medicine, Simonds and Sotile bring solutions to the top barriers healthcare professionals face, including: Debunking the myth of work-life balance and, rather, finding the blend that works for you Hardwiring healthy coping mechanisms for dealing with on-the-job stressors Fostering a collaborative and joyful workplace culture that encourages teamwork Healthcare is one of the hardest—and most rewarding—professions. However, you can't help others if you don't take care of yourself. It's time to take charge of your path and own your future career, happiness, and results.

reclaim health group: *Finding Balance in a Medical Life* Lee Lipsenthal, 2007-09-01 The system of medicine, world-wide, is in a state of rapid change. This has left physicians in a state of anxiety, fatigue and even burnout. *Finding Balance in a Medical Life* is the culmination of the authors' years of working with large physician groups, evaluating physician health research and delivering workshops to physicians and their families. It is intended to help physicians, healthcare professionals and their families to understand how they find themselves 'stuck' in their work lives and even in their personal relationships. It explores the ramifications of the physician personality structure and helps the reader to analyze their own personality. It clarifies the effect of medical training and practice on the physicians' health and relationships. It teaches the reader various tools and techniques to manage stress, enhance performance, and improve communication as well as how to plan their futures by identifying their life purpose. About the Author Lee Lipsenthal, M.D., ABHM is a recognized leader, teacher and pioneer in the field of provider wellness. He is an internist by training and is internationally known for his research work with Dr. Dean Ornish, in preventive cardiology. He is also well known in the field of Integrative Medicine. Dr. Lipsenthal is a member of the American Medical Association Physician Well-being Planning Committee and has authored many professional and popular publications on healthcare provider wellness medicine. He is a frequently invited workshop presenter and speaker at healthcare conferences in the U.S. and world-wide. *Finding Balance in a Medical Life* is an eloquent, potent way of enhancing awareness and promoting healing in ourselves, our families, and our patients. It is a call to action that may help you save a very important life. Yours. - Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, University of California, San Francisco *Finding Balance in a Medical Life* is distilled from the author's experience over many years of teaching physicians about managing stress, improving performance, and increasing connection with life's purpose. I know you will enjoy it and find it useful. - Andrew Weil, MD Lee Lipsenthal brings tremendous insights into the stresses and strains of being a physician. Put down your medical journal and pick up this book; it may be the most important read of your life. - Steve McDermott, Chief Executive Officer, Hill Physicians Medical Group

reclaim health group: *A Second Opinion* Arnold Relman, 2007-08-05 Dr. Arnold Relman,

Professor Emeritus at Harvard Medical School and former editor-in-chief of The New England Journal of Medicine brings together sixty years of experience in medicine in a book that holds the keys to a new structure for healthcare based on voluntary private contracts between individuals and not-for-profit, multi-specialty groups of physicians. Timely, provocative, and newly updated, *A Second Opinion* is a clarion call to action. If we heed Dr. Relman's plan, Americans could at last achieve a lasting, sensible solution to national healthcare.

reclaim health group: *Anti-Diet* Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

reclaim health group: *Life Beyond Your Eating Disorder* Johanna S. Kandel, 2010-09-01 There is life beyond your eating disorder—and you deserve to enjoy every minute of it. Johanna S. Kandel, founder and executive director of The Alliance for Eating Disorders Awareness, struggled with her eating disorder for ten years before finally getting help. Now fully recovered, Kandel knows firsthand how difficult the healing process can be. Through her work with The Alliance—leading support groups, speaking nationwide and collaborating with professionals in the field—she's developed a set of practical tools to address the everyday challenges of recovery.

reclaim health group: *NAET* Devi S. Nambudripad, 2003

reclaim health group: *Orthobiologics* Giuseppe Filardo, Bert R. Mandelbaum, George F. Muschler, Scott A. Rodeo, Norimasa Nakamura, 2021-12-02 This book presents the evidence related to the use of injectable biologics to provide faster and better healing for musculoskeletal lesions and conditions. The authors discuss approaches, such as blood derivatives and cell concentrates, applied to lesions of muscles, ligaments, tendons, bones, meniscus and cartilage, as well as osteoarthritis. Chapters are written by some of the most influential opinion leaders in the field, with up-to-date review of the current literature, where the authors explore both the potential and the limitations of these minimally invasive and promising treatments. The first section is devoted to the formulations and rationale for the use of injectable orthobiologics, while the second section reviews current treatment methods applied to specific joints and pathologies - ranging from tendinopathies through non-unions to articular degenerative processes - as well as the results of these treatment approaches. The third section explores future perspectives, such as pluripotent stem cells, gene therapy, and the stimulation of intrinsic stromal cell niches. Appealing to a broad readership, this book will be of interest to both laboratory research scientists and clinicians, including orthopedists, sports physicians, physiatrists, and regenerative medicine experts.

reclaim health group: *Reclaim Your Life from IBS* Melissa G. Hunt, 2022-05-05 Reclaim Your Life from IBS teaches a number of skills that can directly reduce the impact of gastrointestinal symptoms in a person's life. The book explores the differential diagnosis of irritable bowel syndrome

(IBS) and the current scientific models of what causes IBS. It teaches the reader the cognitive model of stress management using cognitive-behavioral therapy and helps readers learn to identify their negative beliefs and reframe them more accurately. It also guides readers to reduce avoidance and helps them understand how to use dietary modifications and medications wisely, rather than reactively. In this second edition, numerous case examples throughout illustrate the application of these core CBT skills to IBS-related thoughts and experiences, and new material is included on exercise, diet, and medications. This book is a proven self-help book for people with IBS, as well as being useful as a treatment manual for clinicians who work with patients with IBS.

reclaim health group: Attention Hijacked Erica B. Marcus, 2022-05-03 Technology surrounds us every day: a phone alarm wakes us up, an electronic calendar tracks assignment deadlines, GPS directs us to the new dentist's office, social media keeps us connected to friends and family, and streaming platforms make sure we're never without something new to binge-watch. Our devices and apps can make life much more convenient and entertaining. But for years, scientists have warned that too much screen time may have negative effects on our health. With portable devices and remote learning, it is even more difficult to put down electronics. Being intentional about how and when to unplug can help teens and young adults to protect their physical and mental wellbeing in a world where screens and technology are increasingly becoming necessities rather than just conveniences. *Attention Hijacked* offers a roadmap for those deciding how they want to deal with technology, exploring the ways technology affects the individual, dispelling common misinformation, and using this knowledge to make personalized decisions. Page Plus links in the book lead to mindfulness and meditation audio clips. Using mindfulness techniques, this book gives readers the power to take charge of their technology use.

reclaim health group: Left to Our Own Devices Margaret E. Morris, 2018-12-25 Unexpected ways that individuals adapt technology to reclaim what matters to them, from working through conflict with smart lights to celebrating gender transition with selfies. We have been warned about the psychological perils of technology: distraction, difficulty empathizing, and loss of the ability (or desire) to carry on a conversation. But our devices and data are woven into our lives. We can't simply reject them. Instead, Margaret Morris argues, we need to adapt technology creatively to our needs and values. In *Left to Our Own Devices*, Morris offers examples of individuals applying technologies in unexpected ways—uses that go beyond those intended by developers and designers. Morris examines these kinds of personalized life hacks, chronicling the ways that people have adapted technology to strengthen social connection, enhance well-being, and affirm identity. Morris, a clinical psychologist and app creator, shows how people really use technology, drawing on interviews she has conducted as well as computer science and psychology research. She describes how a couple used smart lights to work through conflict; how a woman persuaded herself to eat healthier foods when her photographs of salads garnered “likes” on social media; how a trans woman celebrated her transition with selfies; and how, through augmented reality, a woman changed the way she saw her cancer and herself. These and the many other “off-label” adaptations described by Morris cast technology not just as a temptation that we struggle to resist but as a potential ally as we try to take care of ourselves and others. The stories Morris tells invite us to be more intentional and creative when left to our own devices.

reclaim health group: Mindfulness-Based Cancer Recovery Linda Carlson, Michael Speca, 2011-02-03 A Mind-Body Approach to Healing If you have received a cancer diagnosis, you know that the hundreds of questions and concerns you have about what's to come can be as stressful as the cancer treatment itself. But research shows that if you mentally prepare yourself to handle cancer treatment by getting stress and anxiety under control, you can improve your quality of life and become an active participant in your own recovery. Created by leading psychologists specializing in oncology, the Mindfulness-Based Cancer Recovery program is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of mindfulness meditation and gentle yoga now offered to cancer survivors and their loved ones in hundreds of medical centers, hospitals, and clinics worldwide. Let this book be your guide as you let go of fear and focus

on getting well. With this eight-week program, you'll learn to: • Use proven MBSR skills during your treatment and recovery • Boost your immune function through meditation and healing yoga • Calm feelings of fear, uncertainty, and lack of control • Mindfully manage difficult symptoms and side effects • Discover your own capacity for healing and thriving after adversity

reclaim health group: *The Balanced Body* Donald W. Scheumann, 2007 CD-ROM includes 20 massage technique video clips, 10 Acland anatomy video clips, anatomy figures from the text, chapter quizzes.

reclaim health group: *Food as Medicine Everyday* Nd Julie Briley, Nd Courtney Jackson, 2016-03-17 Food as medicine is a powerful approach to health and healing, intimately woven into naturopathic medical education. Food As Medicine Everyday: Reclaim Your Health With Whole Foods is thoroughly researched, beautifully written and elegantly illustrated. Dr. Jackson and Dr. Briley remind us that poor dietary choices are a major element in the exploding issues of chronic disease. They also remind us that food is medicine, and a big part of the solution. Drs. Julie Briley and Courtney Jackson have filled an enormous gap in the field of medical nutrition. They offer for the first time a well documented, but easy-to-read, pathway to healthy eating that can be trusted by everyone. -Kent Thornburg, PhD Director, Bob and Charlee Moore Institute of Nutrition and Wellness, Oregon Health & Science University Drs. Briley and Jackson make critically needed connections between food choices and the real world dangers of illness that will provoke both thought and lifestyle changes. Their simple to follow and effective eating plan, including recipes, makes sense for anyone. Health seekers will treasure this delightful book, because it offers a compelling avenue for improved vigor and vitality. -Jessica Black, ND. Author of The Anti-Inflammation Diet and Recipe Book and The Freedom Diet. We have lost our way when it comes to the basic need of feeding ourselves and our families. We are inundated with conflicting advice about what we should and should not eat. Now, we have a source of solid information that helps us understand how to eat and its impact on our health. Read this book to learn how to bring real food back into your life in a delicious way. -Chef Alphonso Rosas, CCP The Organic Chef Food As Medicine Everyday complements the theory of inflammation which is the basic mechanism that triggers our most urgent health threats: heart attack and stroke. The best way to treat cardiovascular disease is to prevent it by taking ownership of our health through disciplined lifestyle choices. Thank you Dr. Jackson and Dr. Briley for providing elegant education and credible insight with helpful tools for making healthy choices. -Tracy Stevens, MD Cardiologist, Saint Luke's Mid America Heart Institute Medical Director of Muriel I. Kauffman Women's Heart Center To avoid illness and early death, we will have to rediscover the importance of real nutrients in whole foods. Drs. Briley and Jackson's guide is excellent for anyone committing to health through good food. Going back to our roots can scoot us ahead. -Jonns Matsen, ND Author of Eating Alive: Prevention Thru Good Digestion, Eating Alive II: Curing the Incurable, The Secrets to Great Health. Food As Medicine Everyday is not a diet book, but a clearly written guide to improve well-being by making healthy lifestyle choices. This phenomenal tool provides strategies needed for a balanced approach to eating. Everyone should read this. The evidence is clear--food and nutrition significantly impact our health. -Andrew Erlandsen, ND Chair, Graduate Nutrition Program, NCM

reclaim health group: *Reclaiming Pleasure* Holly Richmond, 2021-10-01 Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, Reclaiming Pleasure picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the

first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

reclaim health group: What Your Food Ate David R. Montgomery, Anne Biklé, 2023-06-06 David R. Montgomery and Anne Biklé take us far beyond the well-worn adage to deliver a new truth: the roots of good health start on farms. What Your Food Ate marshals evidence from recent and forgotten science to illustrate how the health of the soil ripples through to that of crops, livestock, and ultimately us. The long-running partnerships through which crops and soil life nourish one another suffuse plant and animal foods in the human diet with an array of compounds and nutrients our bodies need to protect us from pathogens and chronic ailments. Unfortunately, conventional agricultural practices unravel these vital partnerships and thereby undercut our well-being. Can farmers and ranchers produce enough nutrient-dense food to feed us all? Can we have quality and quantity? With their trademark thoroughness and knack for integrating information across numerous scientific fields, Montgomery and Biklé chart the way forward. Navigating discoveries and epiphanies about the world beneath our feet, they reveal why regenerative farming practices hold the key to healing sick soil and untapped potential for improving human health. Humanity's hallmark endeavors of agriculture and medicine emerged from our understanding of the natural world--and still depend on it. Montgomery and Biklé eloquently update this fundamental reality and show us why what's good for the land is good for us, too. What Your Food Ate is a must-read for farmers, eaters, chefs, doctors, and anyone concerned with reversing the modern epidemic of chronic diseases and mitigating climate change.

reclaim health group: Healthy Heart, Healthy Brain Bradley Bale, Amy Doneen, 2022-03-15 Boost your cardiovascular health, optimize your mental strength, and prevent and reverse arterial disease with this personalized plan from the founders of the renowned Heart Attack & Stroke Prevention Center -- "you'll want to read every page" (Amen). Did you know that every forty seconds, someone in the US suffers a heart attack or stroke, and every sixty-five seconds someone develops dementia? The culprit is cardiovascular disease--and rates are soaring in younger, seemingly healthy people. Busting every myth we have about cardiovascular health, including that women are less likely to suffer from heart attacks and strokes, world-renowned cardiovascular specialists Bradley Bale, MD, and Amy Doneen, DNP, have pioneered a lifesaving method to prevent these devastating events--and reverse the disease that causes them. The BaleDoneen Method transcends the medical silos of cardiology, neurology, endocrinology, and others with a holistic approach designed to protect and optimize the health of the heart, brain, and other vital organs, as well as the blood vessels that supply them. With laser-sharp focus, Bale and Doneen provide the latest research on how your oral health is contributing to the decline of your heart. Captivating and revolutionary, Healthy Heart, Healthy Brain is a unique and comprehensive program to prevent chronic diseases and memory loss in people of all ages regardless of their body type, medical history, or genes. Offering a roadmap to lifelong arterial wellness, it includes: Precision medical methods to prevent diseases of aging The best and worst supplements and foods for your heart Ten lifestyle moves that lower dementia risk by 35 percent Information about genes that raise cardiovascular risk as much as smoking The top ten heart attack prevention tips for women Healthy Heart, Healthy Brain will equip you with the knowledge you need to approach your healthcare as an empowered and informed patient.

reclaim health group: Mom Hacks Darria Long Gillespie, 2019-02-19 100+ self-care hacks for any mom to eat right, move more, stress less and get a good night's sleep, by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health--with all that weight gain, fatigue, and exhaustion? It doesn't have to be that way. What if your baby AND you could thrive together? We cure diseases. We create artificial ears using 3-D printers. We solved how to pee in space. We can figure this out--and now Dr. Darria has done just that. An Ivy league-trained physician and mom of two, Dr. Darria combed the latest in medicine, psychology, and holistic health for answers when her own health crises struck. She now brings those solutions to moms everywhere.

For moms who just DontHaveTheTime (or energy), Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child. Every hack is a mini super-charged solution with an immediate impact. So you feel good, lose the baby weight, and are more present, while raising thriving children--in an entirely do-able, time-saving, with-you-in-the-trenches way. Her humor and personal stories bring warmth and encouragement when mothers need it most. You can be the mother and woman you want to be, and with Mom Hacks, you don't have to listen to anyone who tells you otherwise. It's time for a new mom world order.

reclaim health group: *Reclaim Your Power* Lauren Krasnodembski, 2021-08-30 What are you passionate about? A simple enough question, right? But what if you don't have an answer? What if your mind goes blank? Well, that very thing happened to author Lauren Krasnodembski. That seemingly simple query left her speechless and sent her on a multi-year inner quest that would change her forever. *Reclaim Your Power* chronicles the trajectory of Lauren's life from the moment that fateful question was posed. We follow along as she searches for her passions and purpose, and struggles through breakdowns and breakthroughs along the way. From running around like a hamster on a wheel and crying on the floor of her closet, to phone calls with a soul-exploration life coach, one-on-one yoga sessions, and a surprisingly enlightening Uber ride; we are there for it all. But, this book isn't just the telling of Lauren's journey. It offers insight into how YOU can use her experience to hit the pause button on your own life and make yourself a priority. Ultimately, *Reclaim Your Power* serves as a guide to allow more light and love into your life and serves as a pathway in allowing your passions and purpose to discover YOU!

reclaim health group: *Reclaim the State* Hilary Wainwright, 2003-07-17 From England to Brazil, and Norway to China, Hilary Wainwright sets out on a quest to discover how people are creating new, stronger forms of democracy.

reclaim health group: *The pH Miracle* Robert O. Young, Shelley Redford Young, 2008-11-16 Forget counting calories, fat grams, and cholesterol. Forget blood pressure, blood sugar, and hormone levels. The single most important health measurement is the pH level in your blood. Now, *The pH Miracle* unlocks the surprisingly crucial role pH balance plays in weight loss. How acidic or alkaline your blood is (pH levels) directly affects your health and is controlled by diet. For example, if the blood becomes overly acidic from eating too much of the wrong kinds of food -- wheat, bananas, meats, and cheese -- it can lead to weight gain, diabetes, heart disease, cancer, and more. The Youngs' program includes over 50 recipes and explains which foods to eat, which to avoid, and which supplements can help on the way towards optimal health and weight loss. In just weeks, readers will find they have more energy and a stronger immune system, and will have shed pounds and inches.

reclaim health group: *Living a Healthy Life with Chronic Pain* Sandra M. LeFort, Lisa Webster, Kate Lorig, Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez, 2015-05-01 Chronic pain includes many types of conditions from a variety of causes. This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying, fulfilling life. This resource stresses four concepts: each person with chronic pain is unique, and there is no one treatment or approach that is right for everybody; there are many things people with chronic pain can do to feel better and become more active and involved in life; with knowledge and experimentation, each individual is the best judge of which self-management tools and techniques are best for him or her; and, the responsibility for managing chronic pain on a daily basis rests with the individual and no one else. Acknowledging that overcoming chronic pain is a daily challenge, this workbook provides readers with the tools to overcome that test. A Moving Easy Program CD, which offers a set of easy-to-follow exercises that can be performed at home, is also included.

reclaim health group: *Reclaim the Stars* Zoraida Córdova, 2022-02-15 From stories that take you to the stars, to stories that span into other times and realms, to stories set in the magical now, *Reclaim the Stars* takes the Latin American diaspora to places fantastical and out of this world. Follow princesses warring in space, haunting ghost stories in Argentina, mermaids off the coast of

the Caribbean, swamps that whisper secrets, and many more realms explored and unexplored; this stunning collection of seventeen short stories breaks borders and realms to prove that stories are truly universal. *Reclaim the Stars* features both bestselling and acclaimed authors as well as two new voices in the genres: Vita Ayala, David Bowles, J.C. Cervantes, Zoraida Córdova, Sara Faring, Romina Garber, Isabel Ibañez, Anna-Marie McLemore, Yamile Saied Méndez, Nina Moreno, Circe Moskowitz, Maya Motayne, Linda Raquel Nieves Pérez, Daniel José Older, Claribel A. Ortega, Mark Oshiro and Lilliam Rivera.

reclaim health group: Community-based Rehabilitation World Health Organization, 2010
Volume numbers determined from Scope of the guidelines, p. 12-13.

reclaim health group: Do Nothing Celeste Headlee, 2020-03-10 “A welcome antidote to our toxic hustle culture of burnout.”—Arianna Huffington “This book is so important and could truly save lives.”—Elizabeth Gilbert “A clarion call to work smarter [and] accomplish more by doing less.”—Adam Grant We work feverishly to make ourselves happy. So why are we so miserable? Despite our constant search for new ways to optimize our bodies and minds for peak performance, human beings are working more instead of less, living harder not smarter, and becoming more lonely and anxious. We strive for the absolute best in every aspect of our lives, ignoring what we do well naturally and reaching for a bar that keeps rising higher and higher. Why do we measure our time in terms of efficiency instead of meaning? Why can’t we just take a break? In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside, and start living instead of doing. As it turns out, we’re searching for external solutions to an internal problem. We won’t find what we’re searching for in punishing diets, productivity apps, or the latest self-improvement schemes. Yet all is not lost—we just need to learn how to take time for ourselves, without agenda or profit, and redefine what is truly worthwhile. Pulling together threads from history, neuroscience, social science, and even paleontology, Headlee examines long-held assumptions about time use, idleness, hard work, and even our ultimate goals. Her research reveals that the habits we cling to are doing us harm; they developed recently in human history, which means they are habits that can, and must, be broken. It’s time to reverse the trend that’s making us all sadder, sicker, and less productive, and return to a way of life that allows us to thrive.

reclaim health group: *The End of Healing* Jim Bailey, 2014-09-11 Jim Bailey's brilliant first novel narrates the journey of a young healer into the depths of a modern healthcare hell that parallels the path taken by Dante Alighieri through his *Inferno* 700 years ago. His young protagonist uncovers unsuspected corruption at the roots of the problems in American medicine and powerful business interests trading people's health for profit. *The End of Healing* is a must-read for anyone hungry for a spiritual context to help them understand the true forces at work in American healthcare and our path to a better future.... -PHYLLIS TICKLE, founding religion editor, Publishers Weekly. *The End of Healing* is a remarkable book. It'll make you sad and angry at the same time. Then you'll become afraid.... And that fear could save your life. -DON DONALDSON, author of *The Memory Thief*. *THE END OF HEALING, A GRIPPING HISTORICAL NOVEL SET IN THE BEGINNING OF THE NEW MILLENNIUM, SHINES THE LIGHT OF TRUTH ON THE MEDICAL INDUSTRY*. A looming menace lurks within the towers of American medicine. One young doctor is determined to uncover the truth. Enter the inferno with him on a journey you will never forget. Don Newman, a resident physician at the renowned University Hospital, awakens to the screams of his pager in a windowless call room in the middle of the night. He runs to the dark ward to attend to a dying woman strapped to a bed and realizes-despite working long and hard to become a doctor and having sworn to do no harm-harm has become his business. So begins Dr. Newman's quest to become a healer in a system that puts profits ahead of patients. He abandons his plans to become a cardiologist and enrolls in an Ivy League graduate program in health system science, where an unorthodox professor promises to guide him ever deeper into the dark secrets of the healthcare industry. Don joins fellow students-the alluring Frances Hunt, a sharp nurse practitioner, and Bruce Markum, a cocky, well-connected surgeon-on a journey through the medical underworld. When Dr.

Newman unearths evidence of a conspiracy stretching from the halls of Congress to Wall Street and even to his small campus, his harmless course of study becomes deadly serious. Will he be silenced? Or will he find a way to save his patients and others from needless torture? Jim Bailey pulls back the exam room curtain to reveal a giant healthcare industry spiraling out of control. This literary tour de force resonates with core themes of classical literature, medical history, and science. The End of Healing brings Dante's Inferno to life for a new era and proves hell is alive and well in American healthcare today. This book will change your perspective on the U.S. medical system forever...and give you the insight you need to find real healing in today's world. Jim Bailey is a fellow in the American College of Physicians and professor of medicine and preventive medicine at the University of Tennessee Health Science Center in Memphis, where he directs the Center for Health Systems Improvement, cares for the sick, and teaches doctors in training. His research appears in peer-reviewed medical journals, including JAMA, Journal of General Internal Medicine, and Annals of Internal Medicine. Dr. Bailey has an abiding passion for the classics, medical history, and ethics, and believes that sharing our stories can heal. This is his first novel. To share your story and learn how to take charge of your health, visit EndofHealing.com and TheHealthyCity.org.

reclaim health group: The Emetophobia Manual Ken Goodman, 2020-10-12 Emetophobia is one of the least known and most debilitating phobias. Ken Goodman has created an easy to follow, step-by-step program to help emetophobe and panic attacks sufferers transform their lives. Unfortunately, people don't make real change by learning new information. They change by living new experiences. The Emetophobia Manual lays out an experiential program that includes dozens of transformative exercises as well as QR codes enabling readers to watch videos on their smart phone. The tools and strategies in this program are based on Cognitive Behavioral Therapy, which has been validated by research as the most effective treatment for anxiety. With eye-opening metaphors, powerful tools, and lighthearted humor, Goodman gets readers onto their feet and motivates them to take steps towards freedom. Otherwise, it's like reading a cookbook in bed. In the end, you have nothing to show for it.

reclaim health group: How the Other Half Eats Priya Fielding-Singh, 2023-05-02 A deeply empathetic (Publishers Weekly, starred review) must-read (Marion Nestle) that weaves lyrical storytelling and fascinating research into a compelling narrative (San Francisco Chronicle) to look at dietary differences along class lines and nutritional disparities in America, illuminating exactly how inequality starts on the dinner plate. Inequality in America manifests in many ways, but perhaps nowhere more than in how we eat. From her years of field research, sociologist and ethnographer Priya Fielding-Singh brings us into the kitchens of dozens of families from varied educational, economic, and ethnoracial backgrounds to explore how--and why--we eat the way we do. We get to know four families intimately: the Bakers, a Black family living below the federal poverty line; the Williamses, a working-class white family just above it; the Ortegas, a middle-class Latinx family; and the Cains, an affluent white family. Whether it's worrying about how far pantry provisions can stretch or whether there's enough time to get dinner on the table before soccer practice, all families have unique experiences that reveal their particular dietary constraints and challenges. By diving into the nuances of these families' lives, Fielding-Singh lays bare the limits of efforts narrowly focused on improving families' food access. Instead, she reveals how being rich or poor in America impacts something even more fundamental than the food families can afford: these experiences impact the very meaning of food itself. Packed with lyrical storytelling and groundbreaking research, as well as Fielding-Singh's personal experiences with food as a biracial, South Asian American woman, *How the Other Half Eats* illuminates exactly how inequality starts on the dinner plate. Once you've taken a seat at tables across America, you'll never think about class, food, and public health the same way again.

reclaim health group: The Body Keeps the Score Bessel A. Van der Kolk, 2015-09-08 Originally published by Viking Penguin, 2014.

reclaim health group: Eating on the Wild Side Jo Robinson, 2013-06-04 The next stage in the food revolution: a radical way to select fruits and vegetables and reclaim the flavor and nutrients

we've lost. Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. Unwittingly, we've been selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants for more than 400 generations. Eating on the Wild Side reveals the solution -- choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition. Based on years of scientific research and filled with food history and practical advice, Eating on the Wild Side will forever change the way we think about food.

reclaim health group: Feeding You Lies Vani Hari, 2020-02-18 This follow-up to New York Times bestseller The Food Babe Way exposes the lies we've been told about our food--and takes readers on a journey to find healthy options. There's so much confusion about what to eat. Are you jumping from diet to diet and nothing seems to work? Are you sick of seeing contradictory health advice from experts? Just like the tobacco industry lied to us about the dangers of cigarettes, the same untruths, cover-ups, and deceptive practices are occurring in the food industry. Vani Hari, aka The Food Babe, blows the lid off the lies we've been fed about the food we eat--lies about its nutrient value, effects on our health, label information, and even the very science we base our food choices on. You'll discover: • How nutrition research is manipulated by food company funded experts • How to spot fake news generated by Big Food • The tricks food companies use to make their food addictive • Why labels like all natural and non-GMO aren't what they seem and how to identify the healthiest food • Food marketing hoaxes that persuade us into buying junk food disguised as health food Vani guides you through a 48-hour Toxin Takedown to rid your pantry, and your body, of harmful chemicals--a quick and easy plan that anyone can do. A blueprint for living your life without preservatives, artificial sweeteners, additives, food dyes, or fillers, eating foods that truly nourish you and support your health, Feeding You Lies is the first step on a new path of truth in eating--and a journey to your best health ever.

reclaim health group: The Pregnancy and Postpartum Anxiety Workbook Kevin Gyoerkoe, Pamela Wiegartz, 2009-06-01 If these thoughts seem to be permanent fixtures in your mind, you're in good company. New moms have a lot to be anxious about, and it's perfectly natural to have some fears during and after pregnancy. The problem is, anxiety can grow, disrupting your daily life and keeping you from enjoying motherhood. The Pregnancy and Postpartum Anxiety Workbook provides proven-effective strategies drawn from cognitive behavioral therapy (CBT) for keeping anxious thoughts at bay and getting back to the productive and positive thinking you've been missing. Through a series of easy exercises and worksheets, you'll learn skills for relaxing yourself when you feel stressed. You'll also learn to reduce the frequency and intensity of anxious feelings many pregnant women and mothers of infants face. The book also includes a chapter that offers tips to help fathers understand and support their partners. How I wish I'd had this book when I suffered from postpartum obsessive-compulsive disorder! Pregnant and postpartum moms need to know that perinatal anxiety disorders are common and treatable, and that there's no need to continue suffering. -Katherine Stone, editor of Postpartum Progress, the most widely-read blog on perinatal mood and anxiety disorders, and board member of Postpartum Support International Wiegartz and Gyoerkoe have adapted the powerful and scientifically proven techniques of cognitive behavioral therapy into tools that new moms and mothers-to-be can use to overcome the most common anxiety-related problems and reclaim this special time of life. -Jonathan S. Abramowitz, Ph.D., ABPP, professor and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill

reclaim health group: Body Kindness Rebecca Scritchfield, 2016-08-23 Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love,

connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

reclaim health group: Brain Wash David Perlmutter, Austin Perlmutter, 2020-01-14 Fight back against a modern culture that is rewiring our brains and damaging our health with this practical, doctor-approved plan for healing that includes a ten-day boot camp and forty delicious recipes. Contemporary life provides us with infinite opportunities, along with endless temptations. We can eat whatever we want, whenever we want. We can immerse ourselves in the vast, enticing world of digital media. We can buy goods and services for rapid delivery with our fingertips or voice commands. But living in this 24/7 hyper-reality poses serious risks to our physical and mental states, our connections to others, and even to the world at large. Brain Wash builds from a simple premise: Our brains are being gravely manipulated, resulting in behaviors that leave us more lonely, anxious, depressed, distrustful, illness-prone, and overweight than ever before. Based on the latest science, the book identifies the mental hijacking that undermines each and every one of us, and presents the tools necessary to think more clearly, make better decisions, strengthen bonds with others, and develop healthier habits. Featuring a 10-day bootcamp program, including a meal plan and 40 delicious original recipes, Brain Wash is the key to cultivating a more purposeful and fulfilling life.

reclaim health group: Soul Repair Rita Nakashima Brock, Gabriella Lettini, 2012-11-06 The first book to explore the idea and effect of moral injury on veterans, their families, and their communities Although veterans make up only 7 percent of the U.S. population, they account for an alarming 20 percent of all suicides. And though treatment of post-traumatic stress disorder has undoubtedly alleviated suffering and allowed many service members returning from combat to transition to civilian life, the suicide rate for veterans under thirty has been increasing. Research by Veterans Administration health professionals and veterans' own experiences now suggest an ancient but unaddressed wound of war may be a factor: moral injury. This deep-seated sense of transgression includes feelings of shame, grief, meaninglessness, and remorse from having violated core moral beliefs. Rita Nakashima Brock and Gabriella Lettini, who both grew up in families deeply affected by war, have been working closely with vets on what moral injury looks like, how vets cope with it, and what can be done to heal the damage inflicted on soldiers' consciences. In Soul Repair, the authors tell the stories of four veterans of wars from Vietnam to our current conflicts in Iraq and Afghanistan—Camillo “Mac” Bica, Herman Keizer Jr., Pamela Lightsey, and Camilo Mejía—who reveal their experiences of moral injury from war and how they have learned to live with it. Brock and Lettini also explore its effect on families and communities, and the community processes that have gradually helped soldiers with their moral injuries. Soul Repair will help veterans, their families, members of their communities, and clergy understand the impact of war on the consciences of healthy people, support the recovery of moral conscience in society, and restore veterans to civilian life. When a society sends people off to war, it must accept responsibility for returning them home to peace.

reclaim health group: Get Off Your Acid Daryl Gioffre, 2017-02-14 Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. Let's talk about the four-letter word that's secretly destroying your health: ACID. An acidic lifestyle -- consuming foods such as sugar, grains, dairy, excess animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress -- causes inflammation. And inflammation is the culprit behind many of our current ailments, from weight gain to chronic

disease. But there's good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. With the Get Off Your Acid plan, you'll: Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion, focus, and sleep Lose excess weight and bloating, naturally With alkaline recipes for easy, delicious snacks and meals, Get Off Your Acid is a powerful guide to transform your health and energy -- in seven days.

reclaim health group: The Secret Life of Groceries Benjamin Lorr, 2020-09-08 In the tradition of Fast Food Nation and The Omnivore's Dilemma, an extraordinary investigation into the human lives at the heart of the American grocery store What does it take to run the American supermarket? How do products get to shelves? Who sets the price? And who suffers the consequences of increased convenience and efficiency? In this alarming exposé, author Benjamin Lorr pulls back the curtain on this highly secretive industry. Combining deep sourcing, immersive reporting, and compulsively readable prose, Lorr leads a wild investigation in which we learn: • The secrets of Trader Joe's success from Trader Joe himself • Why truckers call their job "sharecropping on wheels" • What it takes for a product to earn certification labels like "organic" and "fair trade" • The struggles entrepreneurs face as they fight for shelf space, including essential tips, tricks, and traps for any new food business • The truth behind the alarming slave trade in the shrimp industry The result is a page-turning portrait of an industry in flux, filled with the passion, ingenuity, and exploitation required to make this everyday miracle continue to function. The product of five years of research and hundreds of interviews across every level of the industry, The Secret Life of Groceries delivers powerful social commentary on the inherently American quest for more and the social costs therein.

reclaim health group: Leading Through a Pandemic Michael J. Dowling, Charles Kenney, 2020-08-25 A clarifying must-read in these uncertain times." —GOVERNOR ANDREW CUOMO Journey behind the front lines of the coronavirus pandemic with Northwell Health, New York's largest health system. What was it like at the epicenter, inside the health system that cared for more COVID-19 patients than any other in the United States? Leading Through a Pandemic: The Inside Story of Lessons Learned about Innovation, Leadership, and Humanity During the COVID-19 Crisis takes readers inside Northwell Health, New York's largest health system. From the C-suite to the front lines, the book reports on groundwork that positioned Northwell as uniquely prepared for the pandemic. Two decades ago, Northwell leaders began preparing for disasters—floods, hurricanes, blackouts, viruses, and more based on the belief that bad things will happen and we have to be ready. Following a course highly unusual for an American health system, Northwell developed one of the most advanced non-government emergency response systems in the country. Northwell reached a point where leaders could confidently say we are comfortable being uncomfortable in a crisis. But even with sustained preparation, the pandemic stands as a singularly humbling experience. Leading Through a Pandemic offers guidance on how hospitals and health systems throughout the country can prepare more effectively for the next viral threat. The book includes dramatic stories from the front lines at the peak of the viral assault and lessons of what went well, and what did not. The authors draw upon the Northwell experience to prescribe changes in the health care system for next time. Beyond the obvious need for increased stockpiles of supplies and equipment is the far more challenging task of fundamentally changing the culture of American health care to embrace a more robust emergency response capability in hospitals and systems of all sizes across the nation. The book is a must read for health care professionals, policy-makers, journalists, and readers whose curiosity demands a deeper dive into the surreal realm of the coronavirus pandemic.

reclaim health group: Building a Successful Ambulatory Care Practice Mary Ann Kliethermes, Tim R. Brown, 2011-12-21 Let ASHP's new book be your blueprint to a thriving ambulatory care practice, whether it's health-system, physician, or community based. Get comprehensive, practical guidance on all your questions. Topics include: • How do I write a business plan? • What do I need to do to manage risk and liability? • Why do we need a marketing strategy? • Who handles reimbursements? • What credentials do we need? Plus: A companion web toolkit gives you all the

help and templates you need to get going.

reclaim health group: Cell and Tissue Engineering Bojana Obradović, 2012-01-25 “Cell and Tissue Engineering” introduces the principles and new approaches in cell and tissue engineering. It includes both the fundamentals and the current trends in cell and tissue engineering, in a way useful both to a novice and an expert in the field. The book is composed of 13 chapters all of which are written by the leading experts. It is organized to gradually assemble an insight in cell and tissue function starting from a molecular nano-level, extending to a cellular micro-level and finishing at the tissue macro-level. In specific, biological, physiological, biophysical, biochemical, medical, and engineering aspects are covered from the standpoint of the development of functional substitutes of biological tissues for potential clinical use. Topics in the area of cell engineering include cell membrane biophysics, structure and function of the cytoskeleton, cell-extracellular matrix interactions, and mechanotransduction. In the area of tissue engineering the focus is on the in vitro cultivation of functional tissue equivalents based on the integrated use of isolated cells, biomaterials, and bioreactors. The book also reviews novel techniques for cell and tissue imaging and characterization, some of which are described in detail such as atomic force microscopy. Finally, mathematical modeling methods are presented as valuable and indispensable tools in cell and tissue engineering. Numerous illustrations enhance the quality and ease of use of the presented material.

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